

Residential: Group Therapy

According to the Utah Medicaid Provider Manual (April 2015), 2-5: Psychotherapy: Group psychotherapy and multi-family group psychotherapy,

***Psychotherapy** is the treatment for mental illness and behavioral disturbances in which the clinician through definitive therapeutic communication, attempts to alleviate the emotional disturbances, reverse or change maladaptive patterns of behavior, and encourage personality growth and development so that the client may be restored to his/her best possible functional level. Services are based on measurable treatment goals identified in the client's individualized treatment plan.*

***Group psychotherapy** means in accordance with the definition of psychotherapy face-to-face interventions with two or more clients or two or more families in a group setting so that the clients may be restored to their best possible functional level.*

Who:

- 1. All psychotherapy may be performed by a licensed mental health therapist, an individual working within the scope of his or her certificate or license, or an individual exempted from licensure as a mental health therapist. (See Chapter 1-5, B. 1.)*
- 2. In accordance with Title 58-60-502(10) of the Utah Code, substance use disorder counselors may cofacilitate group psychotherapy with a licensed mental health therapist identified in Chapter 1-5, A.1; and individuals enrolled in a qualified substance use disorder counseling education program exempted from licensure in accordance with state law, may co-facilitate group psychotherapy with a licensed mental health therapist identified in Chapter 1-5, A. 1.*

Group psychotherapy and multi-family group psychotherapy

Limits:

- 1. Psychotherapy groups (90853) are limited to twelve clients in attendance unless a co-provider is present; then psychotherapy groups may not exceed 16 clients in attendance.*
- 2. Multiple-family psychotherapy groups (90849) are limited to ten families in attendance.*
- 3. Co-providers must meet the provider qualifications outlined in the 'Who' section above.*

Record:

Documentation must include:

- 1. date, start and stop time, and duration of the service;*
- 2. setting in which the service was rendered;*
- 3. specific service rendered (i.e., group psychotherapy or multiple-family group psychotherapy);*
- 4. per session clinical note that documents:*
 - a. the focus of the group psychotherapy session (i.e., alleviation of the emotional disturbances, reversal or change of maladaptive patterns of behavior, encouragement of personality growth and development); and*
 - b. the treatment goal(s) addressed in the session and progress toward the treatment goal(s), or if there was no reportable progress, documentation of reasons or barriers; or*
- 5. If the focus of the group psychotherapy visit is a crisis or a reassessment/review of the client's overall treatment plan and 4.b. and/or 4.c. are not applicable, then the clinical note must summarize the crisis visit, including findings, mental status and disposition; or must summarize*

the reassessment findings and/or the review of the treatment plan. Documentation for reviews of the treatment plan will include an update of the client's progress toward treatment goals contained in the treatment plan, the appropriateness of the services being prescribed, and the medical necessity of continued behavioral health services; and

6. signature and licensure or credentials of the individual who rendered the service. If a co-leader is present for the group psychotherapy session, the note must contain the co-leader's name and licensure or credentials.